

# Summer Yoga Stories

Name **Taanvi Darisi**

Age **6 yrs**

## WHAT WE LEARNED



**50+**

Yoga poses that made us strong, flexible and balanced.



**10+**

Breathing exercises that strengthened our lungs, calmed our minds and improved our focus.



**15+**






Yoga stories through which we improvised, used our bodies creatively, explored different cultures and built empathy

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## SPICE Learning Progress

	BUILDING BLOCKS	EMERGING	PROGRESSING	WELL-DEVELOPED
<b>SOCIAL</b> 	Listening & Attention			★
	Participation			★
	Communication			★
<b>PHYSICAL</b> 	Overall Fitness			💪
	Flexibility		💪	
	Balance			💪
<b>INTELLECTUAL</b> 	Memory			🧠
	Comprehension			🧠
	Focus			🧠
<b>CREATIVE</b> 	Imagination			🌈
	Improvisation		🌈	
<b>EMOTIONAL</b> 	Reflection			💜
	Self-awareness			💜

## Takeaways

Aki has great communication skills and always shares her daily experiences and art work. She was able to find a good connection between body and breath during the sessions. A stand out moment for Aki was the meditation practice. She was able to visualise and follow the instructions well during the guided meditation which is very good for a child her age. She seems to be inclined towards relaxing and meditative practices and remembers all the Yoga Poses very well. Aki was able to demonstrate great physical strength and balance while lifting up into the wheel pose (chakrasana). Aki has a very positive sense of self and that came through beautifully during our daily reflection questions. Kudos Aki! Well done!